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Recognizing What Has Been Lost

Roles and Connections that Were Lost

This includes various roles they served in our life and for other family members.

- Supporter & Cheerleader
- Optimist or Realist
- Financial Supporter
- Source of Love & Acceptance
- Romantic Partner
- Best Friend
- Household Manager
- Source of Fun and Humor
- Connection to Extended Family
- Sense of Family
- Connection to Youth & vitality
- Planner & Decision-Maker
- Financial Manager
- Source of Motivation

Journal Prompts

- What roles have been lost when your loved one died?
- What are the practical & emotional holes in your life?
- What are some of the immediate practical challenges that you've experienced?
- What long-term challenges are you concerned about?
- What roles will be the most difficult to fill?
- What roles or contributions did your loved one fulfill that no one realized you've lost?